

## THE EDITOR'S SPECIAL DEPARTMENT

Criticisms, MSS., Photographs, etc., invited.

Questions of general public interest answered in this department.

*Question:* CAN DIGESTIVE TROUBLES BE CURED BY MEANS OF PHYSICAL CULTURE?

*Reply:* I have seen hundreds of cases cured by a thorough system of exercise. The muscles over the great vital organs and around the waist line should be strengthened by various movements, and the diet should be confined to wholesome, appetizing foods. Of course, the general laws of health must be rigorously obeyed. The treatment should be varied to suit individual needs. If, after trying the ordinary methods, no relief is found, write, describing the course followed, symptoms, etc., and if of general public interest, will advise treatment in this department free.

*Question:* WHY DON'T YOU GIVE US A FEW IDEAS ON THE CULTIVATION OF THE HAIR IN "PHYSICAL CULTURE"?

*Reply:* My methods for cultivating the strength and luxuriance of the hair are so radically different from those usually advocated that I would hardly care to take the risk of making my theories plain in a short article. However, now that a cheap edition of the book on hair culture has been printed, any

one interested should not be deterred from securing the information contained therein on account of the price.

*Question:* CAN CATARRH BE CURED BY NATURAL MEANS?

*Answer:* Catarrh can be cured by natural means. I suffered from catarrh for years, and it was not until recently that I managed to find a simple natural cure for the trouble. The treatment, of course, varies slightly in different cases, but a cure can be effected in every instance. Please write me more fully as to your general health, height, weight, condition of digestion, skin and other information of value. If your case is of general public interest, and advice can be given in this department, no charge will be made.

### 60c. PREMIUM OFFER.

Macfadden's Physical Training, 128-page, illustrated (50 full page photographs) book on Physical Culture, and one year's subscription to PHYSICAL CULTURE for 60 Cents. Address, PHYSICAL CULTURE PUB. Co., Townsend Building, 25th St. and Broadway, New York City.

## WOMANHOOD-MUSCLE.

### A PHYSICIAN ON THE EVILS OF MUSCLE.

When the human mind loses all respect for Nature's plain laws—when the reasoning power becomes so great, so exalted, that it considers itself capable of criticising the lack of judgment displayed by the Creator of this universe—then, indeed, has a great (?) brain opened its vast storehouse to the bewildered public. Dr. Arabella Kenealy, in an article published in a recent issue of "The Nineteenth Century," bewails the evil effects produced by the indulgence of the feminine sex in athletic and other muscular exercise, and to prove the truth of her views cites a few cases of overtrained or improperly trained women, some sexual perverts and the female members of savage tribes. Because unwholesome bread, or too much bread, has injured one person, does it necessarily follow that bread is not a nourishing food? Every clear, unprejudiced reasoner must admit that athletics have in some few cases been productive of injury; but where one woman has been harmed by too much exercise, thousands have suffered from weaknesses and disease and have filled early graves for the need of it.

NECESSITY FOR USE OF EVERY POWER  
One of the simplest of all Nature's

laws—one which no reasoning mind can by any possible means evade—is the necessity for the use of every function and power of the body. No human body, be it male or female, ever grew to adult life with beauty of face and form, unless this law was followed, knowingly or otherwise. The boy in his play, running, wrestling, pushing, pulling, tumbling, is unconsciously developing those powers that serve him so well in after life.

### GREAT BEAUTIES "TOMBOYS" IN YOUTH.

With hardly a single exception, all women who have had great reputations for beauty were "tomboys" in their youth. They ran, wrestled, climbed trees, fences and indulged in all sorts of romping games. Thus they developed the beautiful symmetry of muscles that, as maturity approached, rounded out into the lines of a glorious womanly woman. There may be a few exceptions to this rule in the delicate society "buds"—poor, pale, characterless creatures—that blossom for a short period into beauties. But how soon these frail "plants" wither! Like those flowers that blossom into fragile beauty away from sun and air, they quickly fade, and, the remainder of their brief existence is

